

OF INTEREST TO WOMEN.

FROM WOMAN'S
POINT OF VIEW

A young woman who has just graduated from a private school conducted by Friends is proving the truth of the report which has made this school popular and financially successful. From a quick-tempered, sharp-tongued girl she has developed into a mild-mannered, soft-spoken young woman whose serenity is never ruffled, apparently. She says that it was due to the fact that during her stay at the boarding school she was compelled to use the quaint language of the Friends, and that she found it impossible to be cross when saying "thee" and "thou."

I am wondering why we do not all adopt such simple means of taming down unpleasant inclinations. There are always a few who can remain unruffled under aggravating conditions, but they are not the ones for whom we express unbounded admiration. They are simply comfortable as companions, nothing more. The others are women who fight down a quick temper, extreme sensitiveness, or impulses which would do no good and whose serenity is doubly pleasing because of the struggle which one feels beneath it.

It matters little by what means one gains the mastery of self—the result is what counts. The various religious or cults are all doing a good work in this direction, but the need of form does not seem to lessen. The pace we set in living, the keen competition in business, the anxiety over trivial matters which, after all, sum up to serious proportions, are a menace to health of body and peace of mind. At the quietest summer resort I ever visited I realized that in the restlessness of men and women who thought they needed quiet, but resented it when it began to pall upon their taste.

That they needed the relaxation which comes from having nothing to do could not be doubted. There was an island which was visited only once a day by a steamer. News was stale when the papers reached the hotel, and there were not always enough papers to supply the demand. All the guests had to be found in the house, and when the guests tired of the fresh air, the scenery, sleeping, and eating they were not pleasant to have about, and several did tire of those things after two days of rest. Women grew pettish and men grumbled openly.

Oh, the silly little things over which we lose temper and get disagreeable! Do you realize how insignificant they are, one and all, and how much nerve force they waste? During a recent visit my hostess was fretting over the destruction of a fine bit of china, when her eyes happened to fall upon a printed card reading on her writing desk. Instantly her face cleared, and with one gulp she swallowed her resentment and regret. She had followed the advice written on that bit of pasteboard: "Think less of your rights and more of your duties." And later she told me how much she had been helped by keeping that card where she was likely to see it in time of need. There are thousands of other devices to recall us to serenity, and all are being tried by somebody.

MRS. CARTER'S CHARITIES.

Noted Actress Never Demurs in Performing at Benefits.

There is no profession that is so called upon to devote its talents to charitable purposes as the theatrical profession, and in New York there is not an actress called offener or who responds more readily than Mrs. Leslie Carter. During the present summer Mrs. Carter has devoted herself to the work of her new production, and has been easy of access to any New York institution with an appeal to make. The result has been that she has been kept busy, in addition to her already arduous work, in performing at benefits for the Crippled Hebrew Children; for St. Joseph's Home for Shelterless Women; for the Roman Catholic Orphan Asylum; the Golden Hour Home; the Peabody Home for Aged Women, and for the Newsboys' Home. She never demurs when called upon for any such cause as these, but many times has broken important social engagements so that her name and talents might swell the funds for the poor. "It is a great pleasure to me to think," she said, "that through such gifts as I have been blessed with I may do good to the poor. God knows we should all help one another in this weary battle of life."

Knock-about Hats.

For outing hats there is nothing nicer than an unadorned Panama.

They are comfortable, and generally becoming.

Besides that they are very easy to roll or fold for packing.

Soft French felts are very nice for the same purpose.

For both of these the colored satin scarfs to be had now are particularly lovely.

Plain colors seem to be the more popular at present, but of the others there is a great variety.

For these hats it is a good idea to provide a set of small-headed, inexpensive batkins, in black or white or colors. They may be had for a little less than five cents apiece, so that their loss is not a thing to be mourned, nor will they be likely to catch at things, or fall out, in the course of rough mountain excursions.

SNAPSHOTS OF THOUGHT.

By T. M. SULLIVAN.

God places into your loom the warp and woof of an earthly resistance into which, if with the shuttle of industry, you weave the threads of virtue, integrity, and love, your fabric will be a mantle of immortal glory.

Retrospection is the golden chord that binds the venerable age to the sweet memories of happy childhood.

Cover the embers of hate with the mantle of love.

Pride is usually the chief tenant of an empty brain; therefore, it hates superiors, looks with contempt upon inferiors, and acknowledges no equal.

The tenderness of a man's heart is a better gauge of his worth to the world than the capacity of his head.

Let not the manacles of despair shake the tenders of hope.

Stern reality often punctures the balloons that idealism inflates.

The diploma awarded by the school of experience are bestowed too late in life to be of much service to the recipients.

It is never necessary to replace the machinery of business that is lubricated with courtesy.

Conscience is the faithful sentinel which guards the border line between right and wrong, challenges should always be heeded.

MORNING CHIT-CHAT.

THE QUESTION OF SMOKING.

Here is a little contribution on the subject of woman's smoking that may interest those who say there is no logical reason why women should not smoke as well as men.

I was discussing the subject with two men who are great smokers and really seem to get uncommon satisfaction and peace from my Lady Nicotine's presence.

I asked if their wives smoked. They said "No" with great emphasis.

I asked if they would be willing for them to do so. They said "No" with even greater emphasis.

"Why?"

"I can't argue and explain it," said one. "I don't know as there is any logical reason, or as it is really worse for a woman than for a man. I simply know that I'm glad my wife doesn't smoke."

"Which would you rather do, give up smoking or have your wives smoke?" I asked.

"Give it up," they both answered without a moment's hesitation.

Some things, you know, for which one cannot give a logical reason, some things which cannot be explained, are none the less so.

"Dear me, how dark the room is," said a visitor of mine the other day.

And then a few minutes later she took off her glasses and found that a good deal of the darkness was in them.

From my store in the closet I produced a small piece of chamols with which I presented her, and since then she has not been troubled that way again.

Polishing glass with a handkerchief, however frequently and carefully, will not keep them clean.

No glasses' wearers should ever fail to have a little piece of chamols with which to banish the occasional darkness of the room.

And while you are about it, what say to a bit of mental chamols for your mental specs?

You have probably been supplied with plenty of hot-weather "don'ts." Here is a hot-weather "do" for a change.

It applies only to the stay-at-home girls. Though it may sound absurdly simple, not every one follows it by any means.

Have two complete sets of underwear in use all the time. Wear one in the morning, take a bath at noon, and put on the other in the afternoon.

No matter if you wear each set this way as long as you do one worn continually, you will feel far fresher and cleaner by reason of this daily change.

RUTH CAMERON.

LATEST FASHIONS.



GIRLS' DRESS.
Paris Pattern No. 2980

All Seams Allowed.

The waist portion of this serviceable dress is made with a broad tuck over the shoulders, which is graduated toward the waist line and stitched its entire length, this tuck meeting the tuck at either side of the skirt, in the front, and giving the effect of a semi-princess dress. The skirt is attached to the waist under a narrow belt of the material, and if desired, may be made with low neck and short sleeves. The pattern is in 5 sizes—6 to 14 years. For a girl of 10 years the dress requires 4 1/2 yards of material 24 inches wide, 3 1/2 yards 27 inches wide, 2 1/2 yards 30 inches wide, or 2 1/2 yards 32 inches wide.

Washington Herald Pattern Coupon.

Name.....

Address.....

Size desired.....

Fill out the numbered coupon and cut out pattern, and inclose, with 10 cents in stamps or coin, addressed to Pattern Department, The Washington Herald, Washington, D. C.

CERTAIN CAUTIONS.

Remember that lace is essentially a handsome and an expensive material, and should only be used in a house where the other furnishings are correspondingly elegant.

It is quite out of place in a summer cottage or a simple home of the cottage type.

Imitations, moreover, are almost always in poor taste.

Net, on the other hand, is an admirable choice for the unpretentious home. It is graceful, drapes well, and is perfectly suited to simple and various furniture.

It is usually better in white or ecru than in colors.

Very pretty curtains for living rooms or dining room may be made of madras. It washes well and is durable.

Heavy pongee curtains, particularly for outer curtains, are a bit more elaborate, but are most effective in a room to which they are suited.

Nothing is more charming for summer bedrooms than muslin curtains, ruffled.

A very real possibility is cheese cloth. The unbleached shade, trimmed with coarse, heavy lace, is a decided addition to the living room.

For coat and tailored suits, no matter for what occasion, white serge has no rival for summer days, for it may be worn at almost any hour, from breakfast until midnight.

COMFORT FOR SLEEPLESS.

Rest Can Be Easily Obtained Even Though Awake.

Finally, should sleep still refuse to yield to all your wooing, remember that some of the benefits of sleep can be obtained without sleeping. Do not toss and turn and groan, but constrain yourself to mental and physical quietness. Let the mind rove about among pleasant memories, or brood gently on the blessings which a kind Providence has sent you, or lose itself in a sort of reverie with thinking about those whom you love and in whom you are deeply interested. After all, there is no danger in a few nights' insomnia. Forget your insomnia and frequently it will happen that you will recover your rest. Bear in mind the saying of Prof. Dubois, "Sleep is like a pigeon; pursue it, and it flies from you; keep quiet, and it will come to you."

Shoes Reheeled.

Very often a woman dislikes to have her shoes reheeled, because they make such a "noise" afterward. The fault lies with the shoemaker, who, in his endeavor to put the re-enforcement on secure, drives in nails of no small proportions. But if you specify that you wish wooden pegs used around the outer edge to keep the re-enforcement in place he will gladly do it.

Nothing so unpleasant as to hear a woman coming down the street with heels clattering like those of a team of horses.

This reminds that almost daily one should carefully examine their shoes, as run-down heels certainly are the height of untidiness, besides endangering one's ankles.

CONCERNING EVENING DRESS.

The sheath-like draperies which are molded to the figure over perfectly fitting corsets are still "on top."

But the silhouette is altering, gradually, but unmistakably.

The straight, square lines are giving way to more graceful, shapely proportions.

The frocks of the season to come promise to be gorgeous, both as to color and design.

In fact, there is no color nowadays which cannot be utilized for fets or evening dresses.

A striking feature is the frock of two colors, the draperies being arranged that they blend into a harmonious whole.

Many of the most exquisite color schemes are accentuated by beautiful embroideries mingled with gold, silver, and bronze.

The use of cut jet embroideries on pale, colored satin will be one of the features of the coming season.

A Skin Astringent.

Always in taking a bath the face should be separately treated.

I do not believe in using water for it, save when rain, boiled or distilled can be secured.

A cleansing solution is far better, and frequently more efficacious in removing soil.

Comphor water is excellent and so inexpensive as to make it possible for almost every one.

Comphor water lotion comes under the head of astringent tonic washes, and no family should be without it.

It is made from one-fourth ounce of powdered borax, one-half ounce of glycerin, and a pint of comphor water.

When the skin is very oily glycerin may be omitted. In either case the lotion is left to dry on the skin and may be used freely.

Picnic Diversions.

A picnic is always supposed to be a delightful affair, but nevertheless the hostess knows the dullness that sometimes settles down upon one.

There are many novel ways of preventing such an occurrence and keeping the guests constantly amused. One very good plan is to have the guests hunt for their food. The hostess places all the edibles in a number of tin boxes, these are then hid and when the guests arrive they find a tablecloth with flowers, menu cards, and dishes arranged on it, but no sign of any food. They are then sent out in couples to search for the goodies, and prizes are awarded to the most successful.

A lantern picnic is a very pleasant after-dinner diversion. The coffee, fruit, and food are hidden and a guest is placed on guard, with instructions to flash a light at regular intervals. Other guests armed with lights disperse in different directions, and the search becomes very exciting. A prize is awarded to the discoverers of the hidden feast, and their success is announced by the pealing of a bell hung on a tree.

Lace monograms appear on some of the most fashionable stockings.

THE OPTIMIST COLUMN.

Thoughts on Truth.

Contributions by members of The Washington Herald Optimist Club.

In all nations truth is the most sublime, the most simple, the most difficult, and yet the most natural thing. It is inclusive of all the virtues, it is older than sect or schools, and like charity, more ancient than mankind.

"Attach thyself to the truth, defend justice, rejoice in the beautiful. That which comes to thee with time, time will take it away; that which is eternal will remain in thy heart."—T. Tegner.

EDNA BENNETT,
1814 Eighth street northwest.

"Truth may be stretched, but cannot be broken, and always gets above falsehood, as oil does above water."—Cervantes.

R. B. WARD,
Station G, Washington.

"Freedom is won through obedience to the truth."—William James.

S. E. ADKINS,
231 F street.

To thine own self be true:
And it must follow, as the night the day,
Thou canst not then be false to any man.

—Shakespeare.
MARY O'BRIEN.

141 E street northeast.

Accustom your children to a strict attention to truth, even in the most minute particulars. If things happened at one window, and they, mistaking it, say that it happened at another, do not let it pass, but instantly check them. You do not know where deviations from truth will end.

Truth, by whomsoever spoken, comes from God. It is, in short, a divine essence.

Mrs. CLARENSA SMITH,
181 Morton street northwest.

DISTRICT TROOPERS IN CAMP

Militia Awaiting Homeward Journey Next Week.

National Guard Is Not Expected to Embark in Transports Before Tuesday.

Although the war game has been ended and the laurel wreath placed upon the victor's brow, the District of Columbia troops will remain upon the field of battle for some days to come, and will not return upon the termination of hostilities, as was expected.

Now that the invading Red army has been swept into camp, and there meditate upon the might of their arm and of their brilliant strategy before returning to the prosaic civilian pursuits and beating the swum into the plowshare.

The National Guard of the District of Columbia has gone into camp at Hingham, Mass., on the campground owned by the First Corps of Cadets from Boston. They will not embark upon the transports Summer and McClellan until next Tuesday. Under average sailing conditions they should arrive in Washington Thursday or Friday of next week.

Notwithstanding reports to the contrary, Capt. J. Harry Bean, of Company G, First Infantry, has not been injured in the maneuvers. So alarmed were his parents over the rumors that they started for the field of war yesterday morning. Shortly after their departure word was received that all the rumors were without foundation.

The militiamen from Connecticut, New York, and New Jersey have been disbanded. The New York Infantry and the Essex troops, of New Jersey, have already arrived home. The District of Columbia troops will be the last to leave the scene of mimic warfare.

PIONEER CITIZEN DEAD.

William Henry Williams Will Be Buried Monday Afternoon.

Funeral services for William Henry Williams, a lifelong resident of the District of Columbia, who died at his residence, 1333 Thirty-fourth street northwest, Thursday night, will be held Monday afternoon. The last rites will be conducted by Rev. Edward D. Stone, pastor of the Congress Street Methodist Protestant Church, assisted by Rev. T. O. Crouse, of Baltimore, Md., at the residence.

Mr. Williams was ninety years old, and was a member of the old regime, being numbered among the oldest inhabitants.

He saw the villages of Washington and Georgetown spring into one great city. He was elected vice president of the Association of Old Inhabitants, which he joined in 1870, and up to the time of his death had the distinction of being the only charter member.

Mr. Williams is survived by a wife and two children, Mrs. George Bell and Mrs. Ella Hoover.

FRENCH METHOD OF DEVELOPING THE BUST

Mme. DuBarrie Explains How the Bust May Be Developed 2 to 8 Inches in 30 Days.

"I am explaining for the first time to the ladies of America," says Madame DuBarrie, "the French method of developing the bust. It is much more effective, the breasts become more firm, plump, and symmetrical, the method is more simple, the effects more lasting, and altogether beyond comparison with the results produced here."

"You know the French people have the development of the bust and form down to a fine point."

"By this French method, the breasts may be developed from 2 to 8 inches in 30 days. This applies to women of almost any age, from young girls to elderly matrons, whether the bust is absolutely not developed at all, or has grown weak and flabby, and hangs, no matter from what cause."

"It is beauty of form that attracts much more than the features. You will always find it so with both sexes."

"I will be only too glad to tell any woman who is interested with this simple French method, if she will enclose a 2-cent stamp to pay for the postage. I will send an illustrated booklet in a plain sealed wrapper that will explain it all."

We suggest to our lady readers that they write to Madame DuBarrie for particulars of this French method, and for the illustrated booklet and address it to Mme. DuBarrie, Suite 422, Lennox Building, Chicago, Ill.

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NEW SOFALEXANDRIA

Light Infantry Goes Into Encampment To-day.

BOY HURT BY HEAVY TRUCK

Civil Service Commission Announces Examinations—Officers Elected by Apartment House Company—Negro Held on Suspicion Released—Wish Reappointment of Pastor.

F. Clinton Knight, 126 South Royal street, Alexandria, Va., is authorized agent and carrier for The Washington Herald. The Herald will be delivered daily and Sunday to any address in Alexandria for 50 cents a month.

WASHINGTON HERALD BUREAU,
126 South Royal Street.

Alexandria, Va., Aug. 20.—The Alexandria Light Infantry has completed arrangements for its week's camping trip to Colonial Beach. The members will leave here at 6:30 o'clock to-morrow evening by boat and remain in camp one week. About forty men will go, in command of Capt. E. L. Slaymaker.

Equipment for the company has arrived. It consists of shelter tents, ponchos, blankets, ten poles, caps, knives and forks, and canteens. The members have already received their new olive drab uniforms.

As a result of being run down by a heavy delivery wagon belonging to N. Lindsay & Co., James Sutton, the five-year-old son of George Sutton, of 127 Prince street, was badly bruised on the leg, face, and head. No bones were broken.

The lad was, it is stated, near his home when the big wagon pulled by two horses turned the northeast corner of Lee and Prince streets into Prince. The hub of the vehicle struck him. That he was not crushed is regarded as miraculous.

Sutton was taken into his home and his injuries dressed by Dr. E. A. Gorman. The wagon is said to have been driven by a negro named Williams.

The Civil Service Commission announces that September 15 next an examination for the position of laboratory assistant, Bureau of Animal Industry, Department of Agriculture, will be held in this city. The position pays a salary of \$1,000 to \$1,200 a year. The commission announces that the opportunities for appointment are considered good. Announcement is also made by the commission that at the same time and place an examination for the position of assistant secretary of the bureau, male, will be held. The salary for this position ranges from \$750 to \$1,250 a year. These examinations will be conducted under the direction of N. L. Williamson, secretary of the local board of examiners.

The Fairfax Apartment House Company has elected these officers, to serve for the ensuing year: A. S. Doniphan, president and general manager; T. C. Smith, vice president; C. C. Leadbeater, secretary and treasurer. These officers, with E. S. Leadbeater, M. D. Merrill, and John Leadbeater constitute the board of directors.

George Garruver, the negro held on suspicion of being wanted by the authorities of North Carolina, was released this afternoon, the authorities of that place not having been heard from. Garruver was arrested several days ago at Fairfax County on suspicion of being Henry Tucker, a negro, wanted for the murder of Joseph Davis, another negro.

The body of Ernest R. Croson, a former resident of this city, who died last night at Providence Hospital, Washington, following injuries sustained by being run over by a railroad train while coupling cars at the Benning yard, were brought here this afternoon and prepared for burial. His funeral will take place at 3 o'clock Sunday afternoon from Wheatley's undertaking establishment.

Tables were turned in the Police Court to-day, when Lucius Williams, a negro, had Lizzie Campbell, a negro, arrested on the charge of stealing \$100 from him. After Williams explained to the court his relations with the woman the court fined both prisoner and plaintiff \$5 each, which proved a rather expensive venture for Williams.

The funeral of H. Russell Wise, who was killed yesterday by the cave-in of a gravel bank in Arlington, will be held at 1